

Chapter 6
COURSE OF STUDY**Course of Study**

Section 1. General Infection Control and Professional Standards. All cosmetology, hairstylist, nail technology, and esthetics courses will require one hundred (100) hours of course study in the following subjects:

- (a) Professional development;
- (b) Effective communication;
- (c) Human relations;
- (d) Business management/ownership;
- (e) State law;
- (f) Infection control in a licensed facility;
- (g) Infection control standards and guidelines;
- (h) Infection control for implements and equipment;
- (i) First aid; and
- (j) Blood exposure standards.

~~**Section 1.**~~ **Section 2. Course of Study for Cosmetology Students.** The educational cosmetology program of all schools shall include no less than ~~ten and one half~~ eight (8) months of study and no less than ~~two thousand sixteen hundred (2000)~~ 1600 hours for a complete cosmetologist course of instruction.

~~(a) One thousand eight hundred thirty five (1835) hours shall consist of the following minimum training requirements and shall include related theory:~~

(a) One thousand five hundred (1500) hours shall consist of the following:

(i) The science of cosmetology, hair, skin and nails, two hundred (200) hours of theory work, and ninety (90) hours of practical work. In this section students will learn:

- (A) Health, safety and infection control;
- (B) General anatomy and physiology;
- (C) Skin diseases, disorders and structure;
- (D) Properties of the hair and scalp;
- (E) Nail structure, growth, diseases, and disorder;
- (F) Product chemistry;
- (G) Basic nutrition;
- (H) Basics of chemistry; and
- (I) Basics of electricity.

(ii) General cosmetology, twenty (20) hours of theory work, and four hundred eighty (480) hours of practical work. In this section the students will learn:

- (A) Principles of hair design;
- (B) Scalp care, shampooing, and conditioning;
- (C) Haircutting;
- (D) Hairstyling;

	<p><u>(E) Braiding and extensions; and</u></p> <p><u>(F) Wigs and hair additions.</u></p> <p><u>(iii) Chemical services, seventy five (75) hours of theory work, and one hundred seventy five (175) hours of practical work. In this section students will learn:</u></p> <p><u>(A) Chemical texture services; and</u></p> <p><u>(B) Hair coloring.</u></p> <p><u>(iv) Skin sciences, fifty (50) hours of theory work, and twenty (20) hours of practical work. In this section the students will learn:</u></p> <p><u>(A) Physiology and histology of the skin;</u></p> <p><u>(B) Skin analysis; and</u></p> <p><u>(C) Skin care products: chemistry, ingredients, and selection.</u></p> <p><u>(v) General esthetics, thirty (30) hours of theory work, and one hundred fifty (150) hours of practical work. In this section students will learn:</u></p> <p><u>(A) The treatment room;</u></p> <p><u>(B) Basic facial;</u></p> <p><u>(C) Facial massage;</u></p> <p><u>(D) Hair removal;</u></p> <p><u>(E) Advanced topics and treatments; and</u></p> <p><u>(F) Makeup.</u></p> <p><u>(vi) General nail technology, fifteen (15) hours of theory work, and seventy five (75) hours of practical work. In this section the students will learn:</u></p> <p><u>(A) Pre and post service procedures;</u></p> <p><u>(B) Performing basic manicures and pedicures;</u></p> <p><u>(C) Hand, arm, foot, and leg massage;</u></p> <p><u>(D) Wraps, tips, and paraffin wax treatments; and</u></p> <p><u>(E) Polishing, UV gel, and design.</u></p> <p><u>(vii) The art of nail technology, twenty (20) hours of theory work, and one hundred (100) hours of practical work. In this section the students will learn:</u></p> <p><u>(A) Electric filing;</u></p> <p><u>(B) Nail tips and wraps;</u></p> <p><u>(C) Monomer liquid and polymer powder nail enhancement;</u></p> <p><u>(D) UV gels; and</u></p> <p><u>(E) Creative design.</u></p>	
165 hours	<p>(i) Cosmetology</p> <p>(A) Theory of Hair and Scalp</p> <p>(I) Anatomy/Physiology</p> <p>(II) Structure/Disease</p> <p>(III) Analysis</p>	
hours	<p>(B) Theory and Chemistry of Hair Technology</p>	250

- (I) Shampoo
- (II) Massage
- (III) Treatments
- (IV) Restructure
- (V) Color/Lighter
- (VI) Hair Cut/Shaping
- (VII) Dressing
- (VIII) Additions/Wigs
- (IX) Disinfection, Infection Control, and Safety

**(C) Application of
Hair Technology**

500

hours

—— Minimum Applications

(I) Shampoo	25
(II) Massage	25
(III) Treatments	10
(IV) Restructure	
(1.) Waving	50
(2.) Relaxing	10
(V) Color	
(1.) Lightening	25
(2.) Tinting	25
(3.) Dimensional	25
(VI) Cut/Shaping	
(1.) Clippers	25
(2.) Shear	25
(3.) Razor	25
(VII) Dressing	
(1.) Wet Styling (to include but not limited to)	25
a. Roller bases	
b. Pin curls	
c. Fingerwave	
(2.) Thermal	20
a. Blow dry	
b. Iron	
(3.) Braiding	10
(4.) Additions/Wigs	6
(VIII) Disinfection, Infection Control, and Safety	
(D) Theory of Nails and Related Structures	

65 hours

	(I) Anatomy/Physiology	
	(II) Structure/Disease	
	(III) Analysis	
	(E) Theory and Chemistry of Nail Technology	
65 hours		
	(I) Manicures	
	(II) Pedicures	
	(III) Electric Files	
	(IV) Massage	
	(V) Acrylic	
	(VI) Tips/Wraps	
	(VII) Gels	
	(VIII) Exfoliation	
	(IX) Disinfection, Infection Control, and Safety	
	(F) Application of Nail Technology	
		200
	hours	
	Minimum Applications	
	(I) Manicures	10
	(II) Pedicures	10
	(III) Electric Files	10
	(IV) Massage	20
	(V) Acrylic/Sculptured	50
	(VI) Tips w/overlay	
	(1.) Wraps	10
	(2.) Acrylic	10
	(VII) Gels	10
	(VIII) Disinfection, Infection Control, and Safety	
	(G) Theory of Skin	180
hours		
	(I) Anatomy/Physiology of the Body	
	(II) Structure/Disease	
	(III) Analysis	
	(H) Theory and Chemistry of Skin Technology	200
hours		
	(I) Facials and Treatments	
	(II) Exfoliation (physical/chemical)	
	(III) Machines (non-ablative/non-medical)	
	(IV) Hair Removal	
	(V) Massage	

- ~~(VI) Analysis~~
- ~~(VII) Extraction~~
- ~~(VIII) Make-up~~
- ~~(IX) Body Treatments~~
- ~~(X) Chemical Treatment of Lash/Brow, Including Lash Extensions~~
- ~~(XI) Disinfection, Infection Control, and Safety~~

**(I) Applications of
Skin Technology**_____

150

hours

—— Minimum Applications

(I) Cleaning/Steaming/Masks	10
(II) Exfoliation	10
(III) Hair Removal	_____
(1.) Facial	5
(2.) Brow	12
(3.) Arms	3
(4.) Underarms	3
(5.) Chest/Back	1
(6.) Leg	3
(7.) Bikini	3
(IV) Massage	10
(V) Skin Analysis	10
(VI) Extraction	5
(VII) Lash Extensions	4
(VIII) Make-up	3
(IX) Disinfection, Infection Control, and Safety	_____
(J) Professional Standards	50
(K) Wyoming Law	10

hours

hours

~~(L) Discretionary Hours~~ ~~(hours must be documented and records kept in student's file)~~_____

165 hours

~~(I) Total hours required are one thousand eight hundred thirty five (1835) plus the one hundred sixty five (165) discretionary hours for a total of two thousand (2000).~~

~~(II) The course of training for the remaining one hundred sixty five (165) hours shall be at the discretion of the school to determine and may include as many as forty (40) hours of instruction by individuals other than cosmetology instructors where such instruction may serve to enrich the education program offered such as~~

~~health and safety or salon management. No more than eighty (80) hours shall be used for observation in a salon.~~

~~(III) If any hours are accomplished outside the school premises, they must be acquired under supervision or guidance of an instructor and supporting documents must be made available if requested by the Board.~~

~~(IV) Client protection and proper infection control, and disinfection should be taught, and utilized as necessary according to Wyoming law, and manufacturer's directions.~~

~~Section 4.~~Section 3. Course of Study for Hairstyling Students. The educational hairstylist program of all schools shall include no less than six (6) months of study and no less than one thousand (1000) hours ~~for a complete hairstylist course of instruction.~~

~~(a) Nine hundred seventy five (975) hours shall consist of the following minimum training requirements and shall include related theory:~~

~~(a) Nine hundred (900) hours shall consist of the following:~~

~~(i) The science of hairstyling, one hundred ten (110) hours in theory work, and forty (40) hours in practical work, in this section students will learn:~~

~~(A) Health, safety, and infection control, specifically for hairstyling;~~

~~(B) General anatomy and physiology;~~

~~(C) Skin diseases, disorders, and structure;~~

~~(D) Properties of the hair and scalp;~~

~~(E) Basics of chemistry; and~~

~~(F) Basics of electricity.~~

~~(ii) General cosmetology, twenty (20) hours of theory work, and four hundred eighty (480) hours of practical work. In this section the students will learn;~~

~~(A) Principles of hair design;~~

~~(B) Scalp care, shampooing, and conditioning;~~

~~(C) Haircutting;~~

~~(D) Hairstyling;~~

~~(E) Braiding and extensions; and~~

~~(F) Wigs and hair additions.~~

~~(iii) Chemical services, seventy five (75) hours of theory work, and one hundred seventy five (175) hours of practical work. In this section students will learn:~~

~~(A) Chemical texture services; and~~

~~(B) Hair coloring.~~

~~**(i) Hairstyling**~~

~~**(A) Theory of Hair and Scalp**~~

~~**165 hours**~~

~~**(i) Anatomy/Physiology**~~

	(II) Structure/Disease	
	(III) Analysis	
	(B) Theory and Chemistry of Hair Technology	250
hours		
	(I) Shampoo	
	(II) Massage	
	(III) Treatments	
	(IV) Restructure	
	(V) Color/Lightener	
	(VI) Hair Cut/Shaping	
	(VII) Dressing	
	(VIII) Additions/Wigs	
	(IX) Disinfection, Infection Control, and Safety	
		(C) Application of Hair Technology
		500 hours
	Minimum Applications	
	(I) Shampoo	25
	(II) Massage	25
	(III) Treatments	10
	(IV) Restructure	
	(1.) Waving	50
	(2.) Relaxing	10
	(V) Color	
	(1.) Lightening	25
	(2.) Tinting	25
	(3.) Dimensional	25
	(VI) Cut/Shaping	
	(1.) Clipper	25
	(2.) Shear	25
	(3.) Razor	25
	(VII) Dressing	
	(1.) Wet Styling (to include but not limited to)	25
	a. Roller bases	
	b. Pin curls	
	c. Fingerwave	
	(2.) Thermal	20
	a. Blow-dry	
	b. Iron	

	(3.) Braiding	10
	(4.) Additions/Wigs	6
	(VIII) Disinfection, Infection Control, and Safety	
	(D) Professional Standard	50
hours		
	(E) Wyoming Law	10
hours		
	(F) Discretionary Hours (hours must be documented and records kept in student's file)	
25 hours		

(I) Total hours required are nine hundred seventy five (975) plus the twenty five (25) discretionary hours for a total of one thousand (1000).

(II) The course of training for the remaining twenty five (25) hours shall be at the discretion of the school to determine and may include as many as ten (10) hours of instruction by individuals other than cosmetology instructors where such instruction may serve to enrich the education program offered such as health and safety or salon management.

(III) If any hours are accomplished outside the school premises, they must be acquired under supervision or guidance of an instructor and supporting documents must be made available if requested by the Board.

(IV)(I) Client protection and proper infection control, and disinfection should be taught, and utilized as necessary according to Wyoming law, and manufacturer's directions.

Section 5. Section 4. Course of Study for Nail Technician Students. The educational nail technician program for of all schools shall include no less than four hundred (400) hours for a complete nail technician course of instruction.

(a) Three hundred ninety (390) hours shall consist of the following minimum training requirements and shall include related theory:

(a) Three hundred (300) hours shall consist of the following.

(i) The science of nail technology, thirty (30) hours of theory work, and ten (10) hours of practical work. In this section students will learn:

(A) Health, safety, and infection control, specifically for nail technology;

(B) General anatomy and physiology;

(C) Skin structure and growth;

(D) Nail structure and growth;

(E) Nail diseases and disorders;

(F) Basics of chemistry;

(G) Nail product chemistry; and

(H) Electricity.

(ii) General nail technology, ten (10) hours of theory work, and one hundred (100) hours of practical work. In this section students will learn:

- (A) Pre and post service procedures;
- (B) Handling and exposure incidents;
- (C) Performing basic manicures and pedicures;
- (D) Hand, arm, foot and leg massage;
- (E) Wraps, tips, and paraffin wax` treatments; and
- (F) Polishing, UV gel, and design.

(iii) The art of nail technology, ten (10) hours of theory work, and one hundred forty (140) hours of practical work. In this section the students will learn:

- (A) Advanced manicuring and pedicuring;
- (B) Electric filing;
- (C) Nail tips and wraps;
- (D) Monomer liquid and polymer powder nail enhancements;
- (E) UV gels; and
- (F) Creative design.

~~(i) Nail Technician~~

~~(A) Theory of Nails and Related Structures~~

65 hours

- ~~(I) Anatomy/Physiology~~
- ~~(II) Structure/Disease~~
- ~~(III) Analysis~~

~~(B) Theory and Chemistry of Nail Technology~~

65 hours

- ~~(I) Manicures~~
- ~~(II) Pedicures~~
- ~~(III) Electric Files~~
- ~~(IV) Massage~~
- ~~(V) Acrylic~~
- ~~(VI) Tips/Wraps~~
- ~~(VII) Gels~~
- ~~(VIII) Exfoliation~~
- ~~(IX) Disinfection, Infection Control, and Safety~~

**~~(C) Application of
Nail Technology~~**

200

hours

Minimum Applications

- ~~(I) Manicures~~ 10
- ~~(II) Pedicures~~ 10
- ~~(III) Electric Files~~ 10
- ~~(IV) Massage~~ 20

(V) Acrylic/Sculptured	50
(VI) Tips w/overlay	
(1.) Wraps	10
(2.) Acrylic	10
(VII) Gels	10
(VIII) Disinfection, Infection Control, and Safety	
(D) Professional Standards	50
hours	
(E) Wyoming Law	10
hours	
(F) Discretionary Hours (hours must be documented and records kept in student's file)	
10 hours	

~~(I) Total hours required are three hundred ninety (390) plus the ten (10) discretionary hours for a total of four hundred (400).~~

~~(II) The course of training for the remaining ten (10) hours shall be at the discretion of the school to determine and may include as many as five (5) hours of instruction by individuals other than cosmetology instructors where such instruction may serve to enrich the education program offered such as health and safety or salon management.~~

~~(III) In any hours are accomplished outside the school premises, they must be acquired under supervision or guidance of an instructor and supporting documents must be made available if requested by the Board.~~

~~(IV)(I) Client protection and proper infection control, and disinfection should be taught, and utilized as necessary according to Wyoming law, and manufacturer's directions.~~

~~Section 6.~~**Section 5. Course of Study for Esthetician Students.** The educational esthetics program for all schools shall include no less than six hundred (600) hours for a complete esthetics course of instruction.

~~(a) Five hundred and ninety (590) hours shall consist of the following minimum training requirements and shall include related theory:~~

~~(a) Five hundred (500) hours shall consist of the following:~~

~~(i) The science of esthetics, seventy (70) hours of theory work, and twenty (20) hours of practical work. In this section the students will learn:~~

~~**(A) Health, safety, and infection control, specifically for esthetics;**~~

~~**(B) General anatomy and physiology;**~~

~~**(C) Basics of chemistry;**~~

~~**(D) Basics of electricity; and**~~

~~**(E) Basics of nutrition.**~~

~~(ii) Skin sciences, twenty (20) hours of theory work, and one hundred (100) hours of practical work. In this section the students will learn:~~

- (A) Physiology and histology of the skin;
- (B) Disorders and diseases of the skin;
- (C) Skin analysis; and
- (D) Skin care products: chemistry, ingredients, and selection.

(iii) General esthetics, ten (10) hours of theory work, and two hundred eighty (280) hours of practical work. In this section students will learn:

- (A) The treatment room;
- (B) Basic Facial;
- (C) Facial massage;
- (D) Hair removal;
- (E) Advanced topics, and treatments; and
- ~~(a)-(F) Makeup.~~

~~(i) Esthetics~~

hours	(A) Theory of Skin _____	180
	(I) Anatomy/Physiology of the Body (II) Structure/Disease (III) Analysis	
200 hours	(B) Theory & Chemistry of Skin Technology _____	
	(I) Facials and Treatments (II) Exfoliation (physical/chemical) (III) Machines (non-ablative/non-medical) (IV) Hair Removal (V) Massage (VI) Analysis (VII) Extraction (VIII) Make-up (IX) Body Treatments (X) Chemical Treatment of Lash/Brow, Including Lash Extensions (XI) Disinfection, Infection Control, and Safety	
	(C) Applications of Skin Technology _____	150
	hours	
	—— Minimum Applications	
	(I) Cleaning/Steaming/Masks _____	10
	(II) Exfoliation _____	10
	(III) Hair Removal ——	
	(1.) Facial _____	5

(2.) Brow	12
(3.) Arms	3
(4.) Underarms	3
(5.) Chest/Back	1
(6.) Leg	3
(7.) Bikini	3
(IV) Massage	10
(V) Skin Analysis	10
(VI) Extractions	5
(VII) Lash Extensions	4
(VIII) Make-up	3
(IX) Disinfection, Infection Control, and Safety	
(D) Professional Standards	50
hours	
(E) Wyoming Law	10
hours	
(F) Discretionary Hours <small>(hours must be documented and records kept in student's file)</small>	
10 hours	

(I) Total hours required are five hundred ninety (590) plus the ten (10) discretionary hours for a total of six hundred (600).

(II) The course of training for the remaining ten (10) hours shall be at the discretion of the school to determine and may include as many as five (5) hours of instruction by individuals other than cosmetology instructors where such instruction may serve to enrich the education program offered such as health and safety or salon management.

(III) If any hours are accomplished outside the school premises, they must be acquired under supervision or guidance of an instructor and supporting documents must be made available if requested by the Board.

(IV)(I) Client protection and proper infection control, and disinfection should be taught, and utilized as necessary according to Wyoming law, and manufacturer's directions.

Section 6. Course Study for Licensed Hairstylist and Nail Technicians to acquire training in the removal of superfluous hair. The educational hair removal program of all schools shall include no less than one hundred twenty-five (125) hours for a complete hair removal course of instruction.

(a) One hundred twenty (125) hours shall consist of the following: minimum training requirements and shall include related theory:

(i) General infection control, ten (10) hours of theory work. In this section the students will recap:

(A) Health, safety, and infection control;

(B) Infection control in the licensed facility;

(C) First aid; and

(D) Blood exposure standards.

(ii) The science of waxing, thirty five (35) hours of theory work, and eight (80) hours of practical work. In this section the students will learn:

(A) Pre and post services;

(B) Application of hair removal;

(C) Types of hair removal;

(D) Analysis; and

~~(a)-(E) Anatomy and physiology.~~

~~(i) Hairstylist/Nail Technician~~

~~(A) Theory of Waxing~~ _____

30 hours

~~(I) Anatomy/Physiology~~

~~(II) Structure/Disease~~

~~(III) Analysis~~

~~(B) Theory & Chemistry of Wax Technology~~ _____

65 hours

~~(I) All Wax Types~~

~~(II) Depilatories~~

~~(III) Threading~~

~~(IV) Sugaring~~

~~(V) Tweezing~~

~~(VI) Disinfection, Infection Control, and Safety~~

~~(C) Applications of Wax Technology~~ _____

30 hours

~~(I) Hair Removal~~

_____ Minimum Application

~~(1.) Facial~~ _____ 5

~~(2.) Brow~~ _____ 12

~~(3.) Arms~~ _____ 3

~~(4.) Underarms~~ _____ 3

~~(5.) Chest/Back~~ _____ 1

~~(6.) Leg~~ _____ 3

~~(7.) Bikini~~ _____ 3

~~(II) Disinfection, Infection Control, and Safety~~

~~(ii) Total hours required are one hundred twenty five (125).~~

~~(iii) Client protection and proper infection control, and disinfection should be taught, and utilized as necessary according to Wyoming law, and manufacturer's directions.~~

~~Section 8.~~Section 7. Course of Study for Student Instructors. The ~~education~~instructor program for all schools shall include no less than ~~one thousand~~five hundred (1000500) hours ~~for a complete instructor course of instruction.~~ No more than one hundred (100) hours may be acquired through distance learning. Distance learning programs shall be approved by the Board prior to implementation and adequate records must be kept by the school and provided to the Board.

(a) ~~One thousand~~Five hundred (1000500) hours shall consist of the following: ~~minimum training requirements and shall include related theory:~~

(i) General professional standards, one hundred fifty (150) hours of theory work. In this section the students will learn:

- (A) Health, safety, and infection control;
- (B) Introduction to teaching;
- (C) Ethics of personality development;
- (D) Laws and rules governing cosmetology;
- (E) Student supervision; and
- (F) Record keeping.

(ii) The science of teaching, one hundred fifty (150) hours of theory work, and two hundred (200) hours of practical work. In this section the students will learn:

- (A) Lesson plans;
- (B) Use of audio and visual teaching aids and tools;
- (C) Test construction and analysis;
- (D) Theory class lectures;
- (E) Performance, class demonstrations; and
- ~~(a) (F) Student supervision (no more than 100 hours).~~

~~(i) Student Instructor~~

(A) Introduction to Teaching	25
hours	
(B) Ethics and Personality Development	25
hours	
(C) Preparation of Lesson Plans	100
hours	
(D) Use of Audio and Visual Teaching Aids/Technology	25
hours	
(E) Test Construction and Analysis	50
hours	
(F) Record Keeping for Schools and Students	25
hours	
(G) Theory Class Lectures	80
hours	

(H)	Performance Class Demonstrations	150
hours		
(I)	Law and Rules Governing Cosmetology	20
hours		
(J)	Student Supervision	(maximum)
500	hours	
	(I) Total hours required are one thousand (1000).	
	(II) Student Instructors shall not exceed five hundred (500) hours supervising students in the clinic area.	
	(III) No more than two hundred (200) hours may be acquired by means of Board approved distant learning program. These hours must be related to topics listed in section 6, (a) through (g). All distant learning programs must be pre-approved by the Board.	
	(I) Client protection, proper infection control, and disinfection should be taught, and utilized as necessary according to Wyoming law, and manufacturer's directions.	

Section 8. Hours outside of school premises. If any hours are accomplished outside the school premises, they must be acquired under the supervision or guidance of an instructor and be relevant to the course of study. Supporting documentation must be made available if requested by the Board.

~~(IV)~~**Section 9. Client protection.** Proper infection control standards should be taught and utilized throughout all educational courses in accordance with Wyoming law and the manufacturer’s directions.

~~Section 9.~~**Section 10. Credits Allowed When Transferring from One Course to Another.** A student registered for a hairstyling, nail technician, or esthetician course, or a licensed hairstylist, nail technician, or esthetician may transfer to, or enroll in a full cosmetologist course with full credit of the applicable hours. A student enrolled as a cosmetology student may transfer only course specific hours to hairstyling, nail technology, or esthetics courses and the transfer hours ~~must~~shall be approved by the Board.